WOMEN'S MARCH ON WASHINGTON
Veteran protester gives pointers on what to pack and how to prepare
Checklist, metroLIFE

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VICKY MOCHAMA
STATUS OF WOMEN SHOULDN'T BE A DEMOTION
metroVIEWS

Andrew Pelling
ADAM KVETON/FOR METRO

THE SCIENCE OF SURPRISES

U of O physics prof one of 10 visionaries worldwide named a TED2017 Senior Fellow metroNEWS

Pull up a seat at Canada's Table

150TH BIRTHDAY

Thousand-diner table will celebrate our cuisine

Dylan C. Robertson
For Metro | Ottawa

Wellington Street isn't known for its food, sitting near pubs and fast-food joints. But on Aug. 27, 1,000 foodies will take over the road in front of Parliament Hill, with a massive table celebrating Canadian cuisine.

Canada's Table is an open-air dinner the city is hosting as part of celebrating 150 years of confederation.

"It's really showcasing the great things that we do across the country," said restaurateur Stephen Beckta, one of the project organizers. "This is Canada's birthday celebration, so we really wanted to showcase Canada's bounty."

Four-course meals will be prepared by 10 Ottawa chefs and another 10 from five different Canadian regions, whom the committee is still selecting.

The 1,000-foot table will be divided into five zones, so that each chef alternates between the four courses: leading one while three chefs help out.

"We want to have the (Parliament Hill) Sound and Light Show over dessert," Beckta said. "We really hope it's going to be a beautiful day, and we don't have to put the 1,000 feet of tent up that we've rented."

Tickets should be on sale in the coming months, with proceeds going to local and national food-security causes.

After looking at different sites, organizers chose "the most iconic place that you can have a dinner in Canada."

Last August, more than 600 Ottawans dressed in formal wear and brought their own food outside city hall for the first Diner en Blanc event. Their $40 tickets covered buses, lighting and permits.

Canada's Table will instead be a served meal, with the ticket price yet to be announced.

The event comes alongside a four-day culinary spree that will include celebrity chefs showing how to cook "low-cost, healthy family meals using fresh local products."

metro NEWS

Your essential daily news

Joseph Boyden sorry 'for taking up too much airtime' in discussing indigenous issues, CBC says.

FRENCH IMMERSION

Reshuffle angers parents

Dylan C. Robertson
For Metro | Ottawa

Some Ottawa parents are decrying the Ottawa-Carleton District School Board's proposal to redistribute students based on language streams.

Board staff drafted an Elementary School Program Framework to address both over- and under-enrolled schools, and the 70 per cent of Grade 1 students now in French immersion.

They propose cancelling streams like English or French-immersion where a grade has less than 1.5 classes of students. That means that if a school had less than 37 students in its Grade 4 English stream, the classes would be cancelled.

"I was shocked when I saw this," Susan Dallin O'Grady. "There's always been this move toward inclusivity, so this is going backwards

While Dallin O'Grady's daughter takes French-immersion courses, her son's disability keeps him in the English stream. Both go to Hopewell Avenue Public School, which would likely loose its English stream under the proposal. That would create logistical headaches for her, while breaking her son's friend groups.

"Just to say to the English kids, 'Oh, well you have to go somewhere else,' I think that's really stigmatizing and discriminatory," she said, adding that it will be harder for kids transitioning between streams if they are then relocated.

"It's like a double stigma; it's already tough enough to leave French."

Trustee Shawn Menard said parents also worry about increased busing.

"It would be really detrimental for community schools, for walkability; for being able to go to your neighbourhood school and have a choice," he said.

OCDSB Director Jennifer Adams notes her board doesn't use a lottery system for French immersion, unlike other Ontario boards.

"Our board fully believes in open access for all parents," she said. "We have to shift where our programs are, based on the number of places that are requested."

Stage set for Megaphono to turn up city's sonic side

BACKSTAGE PASS

Music festival runs in venues across Ottawa from Feb. 1-3

Trevor Greenway
Metro | Ottawa

It hasn't taken that long for Jon Bartlett's Megaphono showcase festival to bear the kind of fruit he wants Ottawa bands to feast on.

Just over a year after launching the first Megaphono festival in 2015, Ottawa garage punks New Swears were signed to Dine Alone Records, and a subsequent 7-inch release ensued with a new album promised for 2017.

If you backtrack from the band's success, it will lead you all the way back to 2016, when New Swears closed out the festival in mad style, as they normally do.

"Last year they closed it down and I think made a big impression with a lot of the folks that were here," says Megaphono Director Jon Bartlett.

One of those people standing at the back of the room, bobbing to the crazy Ottawa party band, was Craig Laskey from the legendary Horseshoe in Toronto. A couple of minutes later, he was texting Dine Alone founder Joel Carrier about this wicked Ottawa band he had to check out.

The Hilotrons' Mike Dubue presents a Chamber Feast for Megaphono Feb. 3 at the St. Alban's Church alongside the likes of Socalled, Thomas Annand and Pemi Paull, among others. COURTESY MEGAPHONO.

"That kind of started the wheels in motion," adds Bartlett.

That's the whole idea behind Bartlett's Megaphono Festival: bring the industry peeps to Ottawa and we'll wow them with our sonic voice. It worked with New Swears, and with the Ottawa talent pool starting to flood over, it will likely happen more and more.

> **Last year they closed it down and I think made a big impression with a lot of the folks that were here.**
> Jon Bartlett

Along with New Swears, Megaphono has billed up Constantines frontman Bry Webb, Ottawa "rowdy" kids The Steve Adamyk Band, Hilotron's head Mike Dubue, as well as Pony Girl, Scattered Clouds and Ottawa spy soundtrack sultans The Reverb Syndicate, among many others.

There will be close to 40 people sitting on several panels throughout the weekend festival, including Friendly Fire Recordings' Dan Koplowitz, Matt Sonzala from Austin's SXSW and Carla Gillis, music Editor at NOW Magazine, among others.

Megaphono runs Feb. 1-3 at various venues throughout the city. Check out the festival's website at http://www.megaphono.tv/.

GOVERNMENT

Payroll system continues to miss targets

Ryan Tumilty
Metro | Ottawa

The Phoenix pay system has over 8,000 cases in a backlog the government has been attempting to clear since last summer and has an additional surge of cases that could take at least two and a half months to clear.

The government gave its latest update on the troubled payroll system on Wednesday. Deputy minister Marie LeMay said there is a significant amount of work that needs to be done.

LeMay said they are working through cases of terminations and other more complicated files with a goal of finishing out cases that would impact people's tax situation.

The system had an initial backlog of 80,000 cases last July when the government first decided to focus on the problem, which is now down to 8,000 complex cases that LeMay said can in some cases take a full day's work per case to resolve.

But new cases have also continued to come into the system. LeMay did not have a number on those cases, but said it will take some time to clear them.

"Two and a half months is the estimate of volume of transaction that we have," she said.

The government initially budgeted $50 million to repair Phoenix, but LeMay said that number may have to be revisited because extra call centres will stay open.

"At this point, we think we will keep them open longer and we will have to see what that means."

Several reviews of the system and its failures are underway, LeMay said she doesn't know if there will be one smoking gun when that process is complete.

"The tough part is that I don't know there is going to be one point of accountability," she said. "There is probably going to be multiple points of failure."

Deputy Minister Marie LeMay. RYAN TUMILTY / METRO

TED FELLOWSHIP

Ottawa prof's star still rising

"It's still strange to be getting all this attention," says Andrew Pelling, physics professor at the University of Ottawa.

But then, when the world finds out you and your students have been "bio-hacking" apple slices and growing human cells inside of them, you're bound to turn a few heads.

His latest accolade is in being named a TED2017 Senior Fellow — one of 10 visionaries chosen from candidates around the world.

Pelling and the Pelling Laboratory for Physical Manipulation gained some notoriety last year by carving apple slices to look like ears, removing apple's cells and then growing human cells in the remaining cellulose scaffolding.

The innovation came after realizing the cells of one animal could be grown inside the protein scaffolding of another. Pelling and his students wondered if plants would work as the scaffold too.

Turns out they can, it works really well, it's cheap, and the process has some very strong real-world applications.

No one is more surprised by that last revelation than Pelling.

"We never intend to do useful things," said Pelling with a laugh. At his lab, the goal is to let students try things, answer questions they have and engage in science where curiosity rules and there is no specific applied outcome.

Pelling is promoting this approach to science with his newfound notoriety, saying that science currently is driven too much by trying to achieve a useful end result.

But, now that the apple ears are turning out to have some very strong medical applications, all Pelling can say is, "Oops."

Announcements surrounding that medical application will be coming this year, he said, adding that the positive response of the Ottawa community, the TED community and following plain-old curiosity has helped their work become useful.

As for future projects, Pelling said he wants to take a stab at doing what the machines did in The Matrix and try to use live tissue to power machines. It would be a step towards a more symbiotic relationship between carbon and silicon, he said.

ADAM KVETON/FOR METRO

Art collective working to end starving artist image

COMMUNITY

Pens & Pixels connecting creators with Ottawa studios

Adam Kveton
For Metro | Ottawa

While parents may still worry about their kids who decide on a career in the arts, an Ottawa-based art collective is working to put a dent in that stereotype.

Pens & Pixels has been connecting artists with TV, film and gaming studios for about two years now. The brain-child of artist Mike Kent, he began the concept art and illustration collective to try and create a community that already existed in places like Toronto and Montréal, but not in Ottawa — one that gets artists full-time jobs.

In trying to get his own career in gaming concept art going, Kent found that connecting with working, professional artists who didn't just sell their work but had steady jobs in art was "almost impossible."

At the same time, he knew the studios were there, as well as young artists like himself looking for jobs.

That's how Pens & Pixels got started, he said, and it's been appreciated from the start.

"The first event that I had … it sold out at max capacity in a week," said Kent. "I was like, 'Wow, OK, so there is a demand here.' Every event I've had since then has sold out."

Events range from talks with professional artists who work for companies like Marvel, to art exhibitions, art jams and more. They usually attract from 80 to 200 people, said Kent.

> **There is a stigma on the arts. A lot of parents get afraid of their kids getting into a creative career.**
> Mike Kent

What's more, the collective is succeeding in getting local artists local, full-time jobs in the arts, he said.

"There is a stigma on the arts, right. A lot of parents get afraid of their kids getting into a creative career and finding out if they can actually make a job of it," said Kent.

"But in today's world, entertainment is such a massive industry and there is so much demand for fresh ideas and for creative content, that becoming a concept artist or a visual development artist for TV, films or video games is a lucrative career."

Local artist Mike Kent is trying to show that getting a full-time job as an artist is not as tough as it seems. His Pens & Pixels collective helps artists connect with local animation, film and gaming studios. COURTESY MIKE KENT

SHOOTING

Video of suspects released

Ottawa police have released a video in their attempt to identify two men in the investigation of a fatal May 24, 2016 shooting near South Keys.

Nicholas Kim, 30 was shot dead while Katrina Galloway, 27, was almost killed on Farriers Lane in the city's south end. Residents had mistaken the sound of gunshots for Victoria Day fireworks.

Earlier this month, suspect Jonathan Ranger was arrested in Thunder Bay as part of a separate investigation.

Now, police are trying to identify two men seen in a back-alley video.

The black-and-white footage seems to show two men running towards a parked vehicle and driving away.

The video is available at www.metronews.ca

Police are asking anyone with information to phone them at 613-236-1222 ext. 5493, or call Crime Stoppers anonymously at 1-800-222-8477 (TIPS).

METRO

RECOGNIZING COMPANIES

Bootstrap Awards to return

The Bootstrap Awards are returning in 2017 after a three-year hiatus with a new owner and a new sponsor. The annual awards, previously put on by Bruce Firestone's Exploriem incubator, are meant to celebrate the best of Ottawa's self-financed companies. Shopify, You.i TV and Telepin Software are among local companies that received recognition at the event in its original iteration.

When Firestone stepped down from Exploriem in 2013, he passed the mantle to the Ottawa Network, saying that the organization was free to take on the event.

CRAIG LORD/OTTAWA BUSINESS JOURNAL

‘Unsung hero’ in labour rights faces deportation

IMMIGRATION

Migrant worker and advocate out of options

Gina Bahiwal speaks before a parliamentary committee last year that led to changing rules. TORSTAR NEWS SERVICE

A migrant worker who has stood up for fellow workers and become a public face of the labour rights movement is facing deportation herself, caught up in the very rules she fought successfully to change.

Gina Bahiwal, 42, has run out of options and is scheduled for deportation to the Philippines on Sunday. She was left without status under the former Tory government’s now rescinded “four-in-four-out” rules that banned migrant workers from Canada for four years after having worked here for four.

“I have been inspired by Gina’s dedication and tenacity to fight for the rights of migrant workers. From advocating for their maternal rights to exposing the unscrupulous practices of migrant recruiters, Gina is one of our unsung heroes,” said Chris Ramsaroop of the advocacy group Justicia for Migrant Workers.

Bahiwal, who has a university degree and worked as a social worker in the Philippines, came to Canada in 2008 under the temporary foreign worker program and worked in Ontario and British Columbia in vegetable packing on farms, hotel housekeeping and at a McDonald’s.

She said she paid a Canadian recruiter $5,000 to find her a job in Leamington, Ont., packing tomatoes, peppers and cucumbers but found herself unemployed when she refused to pay another $2,200 to the recruiter to renew her work permit. She later found another job at a different farm.

In 2012, when the Conservative government introduced the four-year ban on migrant workers, Bahiwal knew her days in Canada were numbered and decided to find another job that could potentially offer her a path to permanent residency here.

Bahiwal said she paid another recruiter $1,500 for a job as a housekeeper in B.C. She said she left after two years because she stood up for another migrant worker over her firing and the employer allegedly refused to sponsor Bahiwal’s immigration.

Later she found a job at a McDonald’s in Hope, B.C., and applied for permanent status in Canada under the provincial nominee program. However, her earnings did not meet the government’s income eligibility threshold.

Although the Liberal government recently rescinded the four-in-four-out rules after a parliamentary review of the temporary foreign worker program, Bahiwal’s work permit expired in October 2015 under the old regulations.

“Gina’s case is different from other cases because of her advocacy work. She is the spokesperson for this vulnerable group,” Bahiwal’s lawyer, Richard Wazana, said. “We are hoping immigration officials will recognize that and allow Gina to remain in Canada.”

TORSTAR NEWS SERVICE

FIRST NATIONS

Girls’ suicides shows need for action: Chief

The deaths of two 12-year-old girls from a remote First Nation in northern Ontario are further evidence of the need for a national suicide strategy to help protect children across Canada, a prominent indigenous leader says.

One of the girls was found dead Sunday and the second one Tuesday in Wapekeka First Nation, an isolated community of about 360 people. The community is focused on ensuring there is enough support in place to stabilize the situation, said Nishnawbe Aski Nation Grand Chief Alvin Fiddler. A number of young people that have been identified as high-risk were flown out of the community, and there’s reason to believe others may be at risk, Fiddler said.

“I did request the police to monitor the social media activity of these children and youth to try and detect if there is a pattern,” he said.

In December, Fiddler called an emergency meeting with federal cabinet ministers and Assembly of First Nations National Chief Perry Bellegarde, where he made a direct link between suicide and the prevalence of childhood sexual abuse in indigenous communities. THE CANADIAN PRESS

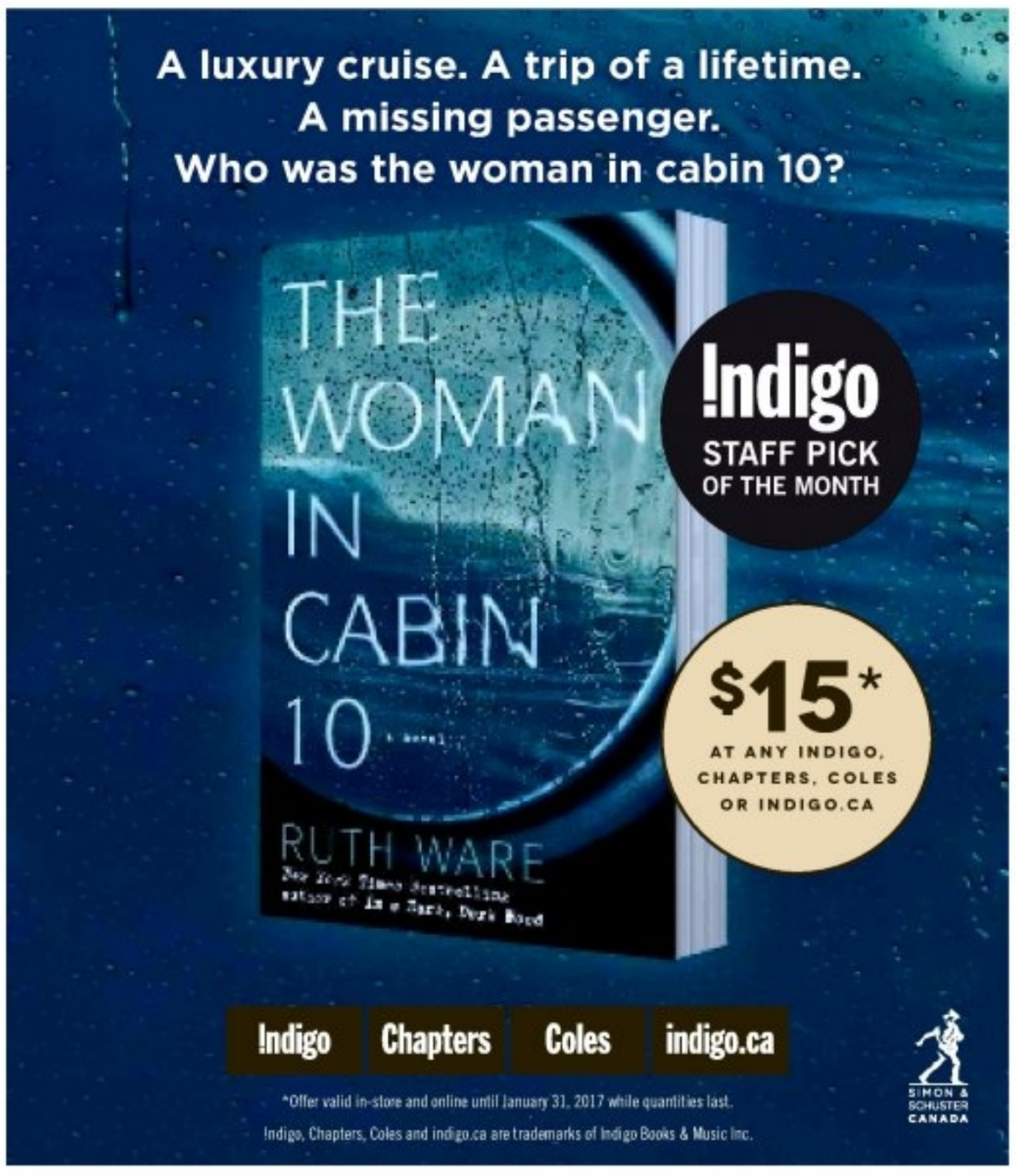
No ‘quid pro quo’ with Russia, Canada says

Canada is rebuffing the Kremlin’s thinly veiled overtures that it might be willing to lift a travel ban on new Foreign Affairs Minister Chrystia Freeland if it eases sanctions on Russia.

Joseph Pickerill, Freeland’s spokesman, says Canada isn’t interested in any bargaining on the subject.

“There is no quid pro quo for aggression and illegal action on their part,” Pickerill said.

The Russian news agency Sputnik reported Wednesday that the country wanted to improve relations with Canada and end the diplomatic fight. Sputnik reported that a source told reporters, “We are ready to co-operate with Canada in all directions, improve relations and end the sanctions war. But we did not start it.” THE CANADIAN PRESS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U.S. President-elect Donald Trump speaks during a press conference on Wednesday. AFP/GETTY IMAGES

POLISH FOREIGN MINISTER

Mention of nonexistent country sparks jokes

The Polish foreign minister has been mocked on Twitter for saying he had a meeting with the representative of a nonexistent country as part of Poland's bid for a seat on the U.N. Security Council.

Witold Waszczykowski was in New York this week to lobby for a seat on the council from 2018-19. He told reporters while there on Tuesday that he had meetings with officials from nearly 20 countries, including some Caribbean nations "for the first time in the history of our diplomacy. For example with countries such as Belize or San Escobar."

There is no country called San Escobar. Waszczykowski explained Wednesday that it was just a slip of the tongue made while he was tired and that he had in mind Saint Kitts and Nevis, a two-island Caribbean country known in Spanish as San Cristobal y Nieves.

Poland's Foreign Minister Witold Waszczykowski
THE ASSOCIATED PRESS

"Unfortunately after 22 hours in planes and several connecting flights you can make a slip of the tongue," Waszczykowski said.

That hasn't stopped an eruption of jokes under the hashtag #SanEscobar, including an invented flag and a slew of fake news about the fictional place. One tweet said that San Escobar "fully supports Poland's candidacy to the Security Council."
THE ASSOCIATED PRESS

Russian report explained

Here's what you need to know about the explosive allegations

President-elect Donald Trump held a news conference in response to a shocking new wave of allegations that Russia collected information that could be used to compromise him. The allegations run from the time before Trump entered the political stage, when he developed business interests in Russia up to the 2016 U.S. presidential election.

WHAT ARE THE ALLEGATIONS?

The allegations are that Russia has collected compromising sex videos and personal information about President-elect Donald Trump. The allegations centre around memos delivered to Trump and out-going U.S. President Barack Obama last week by intelligence chiefs.

The memos suggest that for many years the Russian government has looked for ways to influence Trump. The memos describe videos involving prostitutes with Trump in a 2013 visit to a Moscow hotel. The videos were supposedly prepared as "kompromat," or compromising material, with the possible goal of blackmailing Trump. The memos also suggest that Russian officials proposed various lucrative deals, essentially as disguised bribes in order to win influence over the real estate magnate.

ARE THE ALLEGATIONS PROVEN?

No.

TRUMP'S REACTION?

On Tuesday night, Trump responded on Twitter: "FAKE NEWS — A TOTAL POLITICAL WITCH HUNT!

A spokesperson for the Russian government also categorically denied the allegations as totally false.

WHAT ARE ALLEGATIONS BASED UPON?

The memos were generated by political operatives seeking to derail Trump's candidacy. The summary of the memos was presented as an appendix to the intelligence agencies' report on Russian hacking efforts, sources told The New York Times.

WHO DREW UP ALLEGATIONS?

The memos were prepared mainly by a retired British intelligence operative for a Washington political and corporate research firm.

The firm was paid for its work first by Trump's Republican rivals and later by supporters of his Democratic opponent, Hillary Clinton.

WHEN DID TRUMP HEAR THEM?

Obama and Trump were presented with a summary of the unsubstantiated reports last week by the chiefs of the U.S. intelligence agencies, The Times reports. TORSTAR NEWS SERVICE

Trump concedes Russia's role in hacking

In a combative and freewheeling news conference, President-elect Donald Trump said for the first time Wednesday that he accepts Russia was behind the election year hacking of Democrats that roiled the White House race. Looking ahead, he urged Congress to move quickly to replace President Barack Obama's signature health care law and insisted anew that Mexico will pay the cost of a border wall.

The hour-long spectacle in the marbled lobby of Trump's Manhattan skyscraper was his first news conference since winning the election in early November, and the famously unconventional politician demonstrated he had not been changed by the weight of his victory. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Thursday, January 12, 2017

BOB HEPBURN ON KEVIN O'LEARY

Because he isn't an official candidate yet, the celebrity entrepreneur is not required to state where he stands. Still, there are key questions for him to answer.

Kevin O'Leary is a real tease, isn't he?

For more than a year, the multimillionaire entrepreneur has been tossing out hints that he will run for the federal Conservative leadership, a move that has many party loyalists salivating.

Over that time, O'Leary, who became a national celebrity as a panelist on the CBC-TV program Dragon's Den, has met with dozens of federal MPs, has launched his own campaign-style website, O'Leary for Canada, has posted videos on his Facebook page denouncing Justin Trudeau and has created an exploratory committee with high-profile Tories, such as former Ontario premier Mike Harris. The list goes on.

But at times O'Leary has inexplicably pulled back, suggesting variously that the timing isn't quite right, or that the field of candidates is too crowded right now or that he needs a better sense of the true mood of party members.

It's enough to break the heart of any Conservative desperate to defeat Trudeau in the 2019 election and who looks with despair at the 14 candidates already in the Tory race.

O'Leary can continue to tease his fans until Feb. 24, the last day for leadership hopefuls to officially declare their candidacy.

The Conservatives tarred Michael Ignatieff with the 'Just Visiting' tag. Will O'Leary, who has said 'Boston is home,' also be 'just visiting'?

Because he isn't an official candidate yet, O'Leary is not required to state where he stands on any issue. Still, there are key questions for him to answer if and when he does enter the race. They include:

First, will you run in the 2019 election even if you lose the leadership race?

Given the timeline of when he must enter the race (Feb. 24) and when the leadership votes will be announced (May 27), O'Leary may well be a politician for barely three months. If he loses, he could easily slink back to Boston where he lives, having invested little time or money. Even if he wins the leadership, O'Leary could quit politics within three years if the Liberals are re-elected.

Celebrity businessman Kevin O'Leary speaks during a session entitled "If I run here's how I'd do it" during a conference in Ottawa in February 2016. THE CANADIAN PRESS FILE

Second, will you sell or put your businesses in a blind trust if you win the leadership?

O'Leary has a slew of various companies, including the O'Leary Financial Group, O'Leary Ventures, O'Leary Fine Wines, and others. To avoid potential conflicts of interest, many rich political leaders, including president-elect Donald Trump, have taken steps to insure they are squeaky clean in this area.

Third, will you move full-time to Canada rather than continue to split your time between here and Boston, where you have lived since the mid-1990s, if you win the leadership?

While O'Leary owns property in Toronto, he told Boston Magazine in 2013 that "Boston is home." It was the Conservatives who tarred former Liberal leader Michael Ignatieff with the "Just Visiting" tag when he came back to Canada after decades of living abroad to enter federal politics. Will O'Leary also be "just visiting"?

Fourth, will you release a full set of policy proposals during the leadership campaign?

So far O'Leary has spent much of his time bashing the Liberals over the economy and barely touching on any other issue, such as the Middle East, environment or social policy, such as assisted suicide.

Fifth, will you pledge to learn French even if you lose the leadership race?

Last year O'Leary, who doesn't speak French, casually dismissed the notion that a federal party leader should be bilingual. Now, though, he's reportedly hired a private French tutor and says he is "going to try" to learn the language.

If O'Leary does enter the leadership race, he may stand the best chance of winning.

The reasons are obvious: a weak slate of opponents, his huge name recognition and his Trump-style tough-talking image that appeals to many voters. An indication of the size of O'Leary's following is the fact that his latest Facebook video, in which he attacked Trudeau on the economy, was viewed more than 144,000 times in the first 48 hours after it was posted.

Fact-checkers had a field day with that seven-minute video. Among the statements noted was one where he said Trudeau's cabinet "are all ex-Ontarioites under Dalton McGuinty." In fact, only 11 of 31 ministers are from Ontario and not one was a provincial MPP. Also, he said Canada's population is 34 million, when it is actually more than 36 million.

With six weeks to go before the deadline to enter the race, O'Leary has lots of time to craft replies to the key questions. His answers should reveal much about just how serious he is about being a full-time politician.

Bob Hepburn is a columnist for the Toronto Star.

VICKY MOCHAMA

Status of Women should not be where ministers go to rot

Justin Trudeau announced a reshuffle in the cabinet which included a reassignment for Maryam Monsef to the Ministry for the Status of Women. Several have described the move as a demotion. It's considered thus because the office doesn't have the power, prestige or budget of other government departments.

Yet the characterization rings hollow.

For Monsef, it's a lateral move. Let's not pretend that in her former post as minister for democratic institutions she was in any way central to conversations about war or taxes. On her biggest file — electoral reform — she seemed earnest but indecisive. That is if we're being generous.

That Status of Women is considered a step down tells us a lot about the actual status of women in Canada in 2016.

This new position actually gives her a slightly more robust portfolio with working relationships across the cabinet, such as with Justice and Indigenous Affairs, on the Missing and Murdered Indigenous Women inquiry. She is now in charge of a department with a dedicated staff, a budget and a wide-ranging brief.

From a thinly funded portfolio and the unfortunate task of exciting the populace about proportional representation, she now has far more power to compel policy.

Take, for example, gender-based analysis.

Since signing the Beijing Declaration and Platform for Action in 1995, the federal government has promised to implement gender-based analysis on all policy decisions. Last year, the auditor general revealed the practice has been inconsistent. Of 25 departments, six did not have a framework for gender-based analysis. The rest had partial or incomplete plans.

For two decades then (and counting), there has been a measurably incomplete commitment to looking at how policy impacts the lives of men and women. At present, our national picture of gender and policy is patchwork. This is where Status of Women steps in.

The mandate letter requires the minister to work the Privy Council Office to "ensure that a gender-based analysis is applied to proposals before they arrive at Cabinet for decision-making." With an additional $3 million in the ministry's coffers from the latest budget, there is now financial room for the incoming minister to make gender-based analysis a priority. From a doomed portfolio, she is now more than equipped to tackle the challenges at Status of Women.

Monsef's track record as minister of democratic institutions should, however, give the 50 per cent of women in the country pause. Despite the testimony of 200 experts and conversations with citizens who joined her as she toured the country, electoral reform is all but dead.

Her new job is not a demotion but it may yet prove an exercise in failing upwards.

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metro LIFE

Your essential daily

Thursday, January 12, 2017

"Instead of watching the scale, we could be working towards becoming president or prime minister."

Read more on Natasha Stoynoff's new book and her dealings with Donald Trump at **metronews.ca**

Metro's WOMEN'S MARCH SURVIVAL GUIDE

Tens of thousands of people are heading to the U.S. capital on Jan. 21 for the Women's March on Washington. Many will be attending a political rally for the very first time . **Genna Buck** asked the pros what you need to know.

Next week, the United States will be swearing in a president who has called women "dogs" and "fat pigs," made fun of menstruation and bragged about sexual assault. The day after Donald Trump's inauguration, women will be descending on Washington D.C. to express their displeasure. But what do you pack for a march? What's the etiquette? We asked for tips from Tori Cress, a veteran indigenous political organizer in the Idle No More movement, and Marissa McTasney, who is organizing bus trips to D.C. from Canada. Here's their best advice, in a handy format you can stick on the back of a sign.

PACKING AND PREPPING

DON'T FORGET THIS STUFF — A CHECKLIST

- **Dress for the weather** In January, Washington D.C. is usually between -2 and 6 C and damp, so you'll need warm layers and winter boots you can walk in. Check the forecast to see if you need an umbrella, Cress said. McTasney recommends disposable hand warmers.
- **Have a smooth border crossing** Whether you're travelling by land or air, find out what you're allowed to take to the U.S. Have all your medications, passport, and travel documents in a safe and accessible place. You don't want to hold up your whole bus at the border, McTasney said.
- **Be comfy on the journey** The drive to D.C. could be 10 hours, depending on where you're coming from. So pack slippers, a blanket, a neck pillow and something to read, McTasney said.
- **Stock up on snacks and a water bottle** Choose things with protein to keep your energy up. Cress suggests granola bars, nuts, and jerky.
- **Phone, charger, and back-up battery:** Facebook Live is an increasingly popular way to broadcast in real-time. If you want to be able to stream at a moment's notice, it's a "no brainer" to make sure your technology is up to the job, Cress said.
- **WHAT NOT TO BRING** Avoid anything that could be interpreted as a weapon, Cress advised. Also, many items, including selfie sticks, large protest signs and big backpacks are banned from the actual inauguration.

A ROUGH GUIDE TO PROTEST

Tori Cress is a seasoned pro at political action. If you are attending a march next Saturday, here's her best advice:

KEEP UP TO DATE
Any last-minute changes are usually posted on whatever website or social media service the group is using to get organized, so check it often.

STAY OUT OF TROUBLE
Be aware of hangers-on around the sides of a march route, saying hateful things and trying to provoke a reaction and get you off-message. "Don't engage," Cress said.

RESPECTFULLY COEXIST
There are going to be large gatherings with many different groups with various agendas. "I usually just stick with my own crowd," Cress said. "We all have our issues, and they're all important."

FOLLOW THE LEADER
Stick to the route that's been planned, and if there's a designated person in your group who communicates with the local authorities or police, leave them to do it. "Trying to take the lead and step over organizers is a common mistake that new people make," Cress said.

NIGERIA HIGH COMMISSION (NHC)

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The Nigeria High Commission (NHC) Ottawa, Ontario hereby invites interested contractors to tender for renovation of one of its properties in Ottawa, Ontario.

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C. Briefs of all professionals and staff
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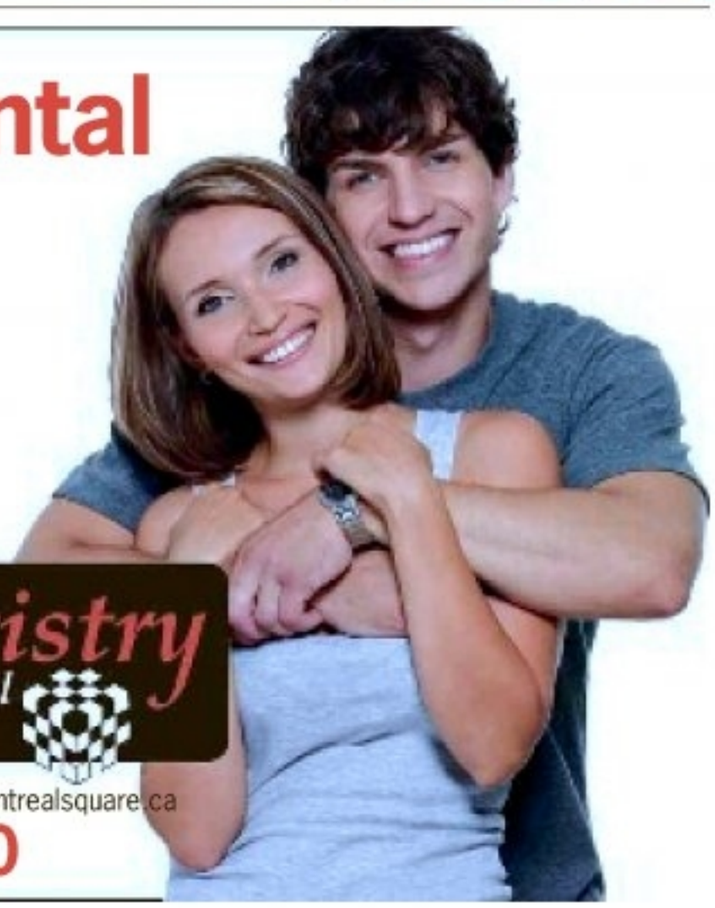

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The evolution of a teenage queen

INTERVIEW

Victoria was tiny in stature but giant in her courage, force

Sue Carter
For Metro Canada

Jenna Coleman stars as the young Queen Victoria in the new series premiering Jan. 15 on PBS, which is based on Daisy Goodwin's take on the monarch's first three years in power. HANDOUT

In 2014, Daisy Goodwin was suffering through what Queen Elizabeth might call an *annus horribilis*. The British author and television producer found herself unemployed after being forced out of her own company, was diagnosed with a treatable form of breast cancer and, to top it all off, her house burned down in a freak accident.

Any one of those events would test a person's mettle, but Goodwin credits another female monarch, Queen Victoria, with getting her through one of the worst times in her life.

"Looking at a woman who had such incredible force and sense of self was rather encouraging," Goodwin says. "What I like about Victoria is that she's a flawed human being, but she has the courage to learn from her mistakes. She inspired me to write and to not indulge in self-pity."

Goodwin first became fascinated with the 19th-century British monarch back when she was a student in the early 1980s and discovered her journals at the Cambridge University library. As it turns out, Queen Victoria was a prolific, lifelong diarist who wrote more than a formidable 62 million words over the course of her life. In particular, Goodwin was struck by Victoria's early journals, which chronicles her crowning as monarch at the age of 18, her infatuation with the Prime Minister, Lord Melbourne, through the early years of her marriage to her first cousin, Prince Albert, to whom she proposed.

In those volumes, Goodwin discovered a "saucy, frisky, willful" self-possessed young woman, "quite interested in parties and boys and flirting, just like any teenage girl would be."

And so, still inspired 20 years later, and facing major personal obstacles, Goodwin began writing Victoria, a fictionalized take on the first three years of the Queen's reign. Goodwin initially conceived the story as a novel, then switched to a screenplay, which would eventually become the eight-part television series, also called Victoria, which debuts Jan. 15 on PBS.

> **She loved sex. Sex was terribly important to her.**
> Daisy Goodwin

For both the novel and series, Goodwin relied heavily on the journals, but also drew from memories of her own youth, and observations of her teenage daughter, who, like the Queen, is diminutive in stature.

"She's tiny but incredibly powerful as a character," says Goodwin (who wrote herself a cameo in the TV series as Lady Cecilia Buggins.) "I thought about what would happen if I woke up one morning and my daughter was the boss of everyone. It was quite terrifying."

Although the 2009 film The Young Victoria, starring Emily Blunt, was a critical success, the image of the youthful ruler has never really resonated in pop culture like other members of British royalty. Goodwin speculates it's because the historic images of the older woman are so powerful they're impossible to set aside. It's also difficult to imagine that Queen — whose iconic likeness graces park statues with her thick jowls and stern demeanor — as the same sexually open human Goodwin discovered in the diaries.

"She loved sex. Sex was terribly important to her and I think we forget her humanity in the image of her," says Goodwin, who also observed that Victoria never seemed concerned about her physical appearance because she had power. "When you're surrounded by teenagers who spend their whole lives checking how many likes they have on Instagram, it's glorious to write about a woman for whom that is not an issue."

Sue Carter is the editor at Quill & Quire magazine.

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Mike Donachie
Metro | Canada

The message is perfect, and sad, and the book is as beautiful as the sentiment it delivers.

This remarkable project brings together some of comics' best talent to make a statement in the aftermath of the mass shooting in Orlando's Pulse nightclub last June, in which 49 people died and 53 were wounded.

The idea is to honour those affected with a creative project that shows positivity amid the tragedy.

It's an anthology book, and the list of those involved is long: Phil Jiminez, Brian Michael bendis, Kieron Gillen, Emma Vicelli, Jim Zub, Ming Doyle and more.

Tribute comics can be hit-and-miss, and sometimes even mawkish, but this one is uplifted and, against all the odds, even fun in places. Paul Dini's contribution, a Harley Quinn and Poison Ivy story, is especially nice.

It's also a celebration of the LGBTQ community, hit so hard by the hate crime, with all proceeds of the book going to victims, survivors and their families through the organization Equality Florida.

BOOK BRIEF

Kendi's historic stamps fresher than ever today

Stamped from the Beginning, winner of the U.S. National Book Award for nonfiction, is a work of history very much rooted in recent events.

Ibram X. Kendi's 600-page narrative traces the origins of racism in the U.S. from colonial times to the present. Kendi began working on the book shortly before the killing of Trayvon Martin in 2012, and he felt a special urgency to write about what he calls "stimulations," individuals "who believe that black people were culturally inferior."

"There are notions that scientists, and journalists can be objective," he says. "And typically those ideas that have connoted that black people are in some ways inferior have been cast as these objective ideas, which then legitimize them and allowed for their circulation.

"This country was created by white men for white men, and inequality between the white and black races was stamped from the beginning."

THE ASSOCIATED PRESS

‘Look at her, I don’t think so’

How Natasha Stoynoff’s body image book project helped the Canadian journalist through a fresh attack from Donald Trump

Genna Buck
Metro | Toronto

Canadian journalist Natasha Stoynoff has worked for People Magazine and the Toronto Star. Her latest project is Curvy and Confident, a Chicken Soup for the Soul book that collects women's personal stories about finding body confidence.

If her name sounds familiar, that’s because she’s the same People magazine reporter who, in October, publicly stated that Donald Trump assaulted her in 2005. We asked her about the book and how she’s feeling as her alleged assailant is about to be sworn in as president.

Natasha Stoynoff’s new work is called Curvy and Confident. CONTRIBUTED

What made a story stand out and make you know it needed to be included in the book?
There were so many great submissions. I felt so personally connected to them all. So many were starting out with struggle and pain. And then you really realize how much women punish themselves and hate their bodies. No matter what shape or size. We have to do something about it. So many stories ... illustrated the theme that so many women don’t live moments of their lives, because they’re covering their bodies. You don’t go to a function because you don’t have the right dress. You don’t go to the beach or wear a bathing suit.

I can’t help but notice the dissonance between the message of this book and your experience. Donald Trump responded to your allegations by saying “Look at her, I don’t think so”.
It was crazy. (The People piece was published) when we were in the last week of the book. I had just gone through all these stories about women baring their souls and being afraid of what people say about how they look.

Then the (Access Hollywood) tape came out, and a couple days later I saw what he said at the debate (that the tape was “locker room talk”). And I was just so upset at what he was saying. Working on the book actually gave me the strength to write about it.

When you’re a woman it’s a struggle anyway to feel confident about how you look. Like every other woman, I have ups and downs with my level of curviness and my level of confidence. And so it was very jarring to have the president-elect refer to my looks on international television. Strangely, it didn’t hurt me too much. I think I’d been strengthened by the book.

Are you angry with the women who elected Trump?
It’s complicated. First of all, I think a lot of people may have not believed the women who came forward (and accused Trump of assaulting them). And then the ones who did don’t hold that sort of thing as a priority.

There’s some great saying about a lion being in a cage, and then you take the bars away but they still circle the parameters of the cage. I think (some) women aren’t comfortable yet with a woman in power.

JUNOS MAKE CHANGES

New title for indigenous album of the year award
Juno Awards organizers are renaming the aboriginal album of the year category to indigenous music album of the year.

Juno president and CEO Allan Reid says the change acknowledges all First Nations, Inuit and Metis communities in Canada

He says the move “aims to honour, respect and acknowledge the indigenous peoples of Canada and their long standing contributions to the Canadian music industry.”

It’s not the first time the Junos have changed the category’s name.

The Juno award, which was introduced in 1994, was originally titled best music of aboriginal Canada recording. Its name was then changed to aboriginal recording of the year in 2003. THE CANADIAN PRESS

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Hashtag that resolution to make it stick

ACHIEVE YOUR GOALS

How to use social media to keep a new you accountable

Will McGuirk

Documenting your year through social media can be a powerful way to remember your plans and stick to them, according to social media marketing manager Jacquie Severs. ISTOCK

It's been two weeks — how's your new year's resolution going? Skipped a day at the gym, cheated on the diet, back on the smokes? Maybe you need to enlist a little help to keep going. Social media marketing manager Jacquie Severs says announcing your intentions on social media is a way to hold yourself accountable. Ask friends and followers to be cheerleaders and monitors. Draw upon likes and shares to shore up your resolve and finish out 2017 with a win.

"Documenting your year through social media can be a powerful way to remember your plans and stick to them. I would recommend choosing the platform carefully and consider who you want to engage with," says Severs, who has worked for boutiques, museums, festivals and fashion shows as well as having taught social media studies.

The Big Three, Instagram, Facebook and Twitter, all have their own strengths.

"Instagram is booming right now. . . The new 'Stories' aspect is a fun way to document your day-to-day that perhaps isn't worth saving forever as a photo. It's also a great way to find other like-minded people and engage with a community through their hashtags," she says.

Severs says Facebook is best for deep engagement with family and friends. It's best for in-depth discussions while Twitter is good for conversations with strangers, the kind of experience you might have at a great dinner party, she says.

Facebook and Tumblr are the platforms of choice for Severs' own resolution, one she says will be quite difficult to maintain in Eastern Ontario: she has sworn off poutine for 2017.

"My first step was to announce this resolution on Facebook, where I felt the most robust discussions could happen. People are already taunting me with photos of poutine on my page, but I'm staying strong," Severs said. "I thought it would be fun for people to discuss, and it has been already. Next, I'm documenting the process on a Tumblr page with daily blog updates, which is a fast and easy way to document the process. I can post quick updates right from my phone and it only takes a few moments."

It only takes a momentary lapse of focus to break a resolution but by engaging your social network community as support you can achieve the goals you have set for 2017. Unless, of course, the goal you have set is spending less time on social media. In that case, you're on your own.

NO POUTINE

Follow Severs' efforts to be poutine-free at nopoutine2017.tumblr.com.

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Top wedding trends of 2017

A new year brings new ideas to the world of weddings. For couples wanting to sift through the constant change of what's hot, here are some nuptial styles on the rise in 2017

Johnna Ruocco

Going green

Adding greenery to different aspects of a wedding is taking off. Sometimes it's used on its own and other times in the florals, as table garland or lining the aisle.

Greenery adds a more organic vibe as the rustic feel is on its way out.

"It's very versatile and it adds a lot of lush, organic elements to weddings, it kind of makes a nice statement on its own," says Jennifer Bergman, of Jennifer Bergman Weddings in Edmonton.

Bold and bright

Brides are also moving away from some of the softer tones that have dominated over the past few years toward more bold colours and combinations.

Blush, gold and white will never go completely out of style, but now they're being paired with richer colours.

Greenery is a versatile wedding accent, adding a fresh lushness wherever it's used. ISTOCK

"We're combining that blush with deeper punches of burgundies or rich plums that kind of help to add that dramatic punch or a little bit of dimension."

More flexibility

There will be a decrease in intention and matching in the design of weddings, as brides move toward greater variety. This will not only involve less matching of bridesmaid's dresses to tablecloths, but the trend extends further to including several different styles of tables and centerpieces.

"They'll all co-ordinate, but they're a little unexpected and they add some interest to the design," says Bergman.

Destination Canada

Destination weddings are still popular, but due to the low Canadian dollar and concerns about the Zika virus, couples are looking for destinations in their own backyard.

"We've seen a huge shift away from going abroad and a lot of people are looking to stay closer to home," says Bergman. "Canada's so beautiful and we have so many cool places to go."

Among popular Canadian destinations are the Rocky Mountains as well as several locations in B.C., such as on the coast of Victoria and the Okanagan Valley area.

Giving back

A growing trend is couples who want to throw celebrations that are more about the guest experience.

"They're trying to make it less about themselves and more about just a celebration thank you to all the people that are important to them in their lives for supporting them in their relationship," says Bergman. "Which is a cool direction to go."

What to look for in a wedding venue

Visual effects

Establishing the look and feel of the wedding before selecting a venue is crucial. Elise Schmitz, owner of Toast Events in Ottawa, suggests choosing a style and then picking a venue that complements the desired look.

For a design featuring a more relaxed or country feel, you don't want to be at a banquet hall in the middle of a downtown area.

"The venue that you choose should be one that you don't have to alter very much," Schmitz said. "It's better to play off of the venue itself."

All-inclusive packages

What's included with the venue is a significant contributor to making a decision. It's important to look at whether items like chairs or linens are included or if a caterer can be brought in.

"There's a lot of all-in-one venues that do provide these extra services."

In addition to budget, it can also create less stress on the big day if there are areas to get ready on site instead of having set times to be at a salon or get picked up by a limo service.

"You're on a schedule whereas if you're at a place that has sort of all-inclusive services in terms of the main parts of the day, it's a lot more stress-free."

Good vibes

An atmosphere that gives off the right vibe is important when selecting a venue.

"What they're considering in their venue is its uniqueness ... it has an intimate group atmosphere. Accommodations can be made to make guests feel more comfortable in terms of transportation and hotels.

"For a lot of people the weddings are the destination so they'll purposefully have it outside of (the city) where you're really removed from all of those outside elements," Schmitz said. "You really feel at a little mini-resort. A lot of people like that."

—JOHNNA RUOCCO

One option: a garden reception under the stars. ISTOCK

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You just got engaged. Now what do you do?

GETTING MARRIED

Calm your nerves with these pro tips

Johnna Ruocco

Don't let the excitement of getting engaged keep you from starting to plan for your wedding day right away. ISTOCK

After getting engaged, couples may sit down to begin planning their wedding only to have no idea where to begin.

Want a wedding planner?

If you're going to hire a wedding planner, do so early on.

"Sometimes couples get going on things and then they get frustrated and that's when they call me," says Erica Irwin of Erica Irwin Weddings and Events in Ottawa. "If people are thinking of it, make that your first step instead of waiting."

In those situations, often couples have made bookings already when a planner could have either booked something different that better suits the couples' needs or they could have got a discount for the couple.

Keep in mind that most planners offer several services, including beginning-to-end planning or just helping out on the day of.

"A lot of it depends on the scope of your wedding, like if you have a lot of details to it then it's really hard to manage yourself," Irwin says.

Make a budget

Creating a budget is essential as it will give a couple an idea of what they can afford.

"That obviously will set all sorts of other priorities in their wedding planning," Irwin says. "Once you know your budget you can work from there."

A guest list is also important because no matter what type of wedding couples plan on having, the number of guests has a huge impact on their budget.

Book a venue

After the guest list, couples are going to want to start looking at venues, which are the hardest thing to book.

"If you want somewhere really special or really hard to book you might be booking two years in advance to get the dates you want," Irwin says.

If couples want a specific venue they should know they may have to be more flexible with their date.

Don't procrastinate

The biggest tip in what to do in the first few months after getting engaged is don't procrastinate.

"That's probably the worst enemy, just getting overwhelmed and procrastinating and spending lots of time on Pinterest instead of lots of time in your local community trying to figure out what's going to work for you," Irwin says.

Ultimately, there will be fewer options if couples delay too much and they may end up having to settle for something they don't want or that doesn't best suit their needs.

metro HOME

Your essential daily news

Smart LED light bulb replicating natural light showcased at the Consumer Electronics Show

MEET THE CONDO

Variety of units to choose from

Project overview

Construction is now underway for the first phase of The Corners on Main, a project by Domicile. The units planned for the second phase range from pied-à-terre style suites to three-bedroom models, with several layouts to choose from.

Housing amenities

Domicile offers a selection of standard finishes, such as granite, stainless-steel appliances, an EnergyStar fridge, tiling and hardwood flooring. The Corners has a heated underground garage, private balconies and terraces, a rooftop terrace and a fitness centre.

Location and transit

Located in Old Ottawa East, the site is right on Main Street, which has recently gained wider walkways and a designated bike lane. The condo is only a four-minute car ride from the downtown core, and there are bus routes directly along Main Street. Hwy 417 is also easily accessible.

In the neighbourhood

With the Rideau close by, there are countless green spaces and trails to enjoy. Main Street gives a unified feel to the area. There are plenty of community-organized events such as the farmers market to participate in. Schools, retail, grocery stores and restaurants are all within walking distance.

ILANA REIMER/FOR METRO

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Designer: Roderick Lahey Architects
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Building: Boutique condo
Size: 346 square feet to 1,825 square feet
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Model: Two to three bedroom units
Status: Now selling
Occupancy: End of 2017
Sales centre: 223 Main St.
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Website: cornersonmain.ca

metro SPORTS

Johnny Manziel will be in Houston ahead of the Super Bowl to give fans a chance to take a pic at a price: $50 per selfie and $99 for pro portraits

Canadian Doctor stands on guard for K.C. Chiefs

NFL PLAYOFFS

Duvernay-Tardif a vital player for AFC West champs

It's been a meteoric rise for Canadian Laurent Duvernay-Tardif.

Taken in the sixth round, 200th overall, of the 2014 NFL draft from McGill University, the 25-year-old native of Mont-St-Hilaire, Que., has established himself as the Kansas City Chiefs' starting right guard. And he's done it while also continuing to study medicine at McGill.

"If you would have asked me after I got drafted where I'd be in three years, I don't know if I would have been that confident to say I'd be a starter and doing decently," a modest Duvernay-Tardif said last week. "But at the same time I quickly realized if you want to stick in the NFL you have to become an essential part of the team after your second or third year, otherwise they're going to find somebody to replace you.

"There's no other way to stick in the NFL. You've got to show you can perform and be an important part of an offensive line or team."

Duvernay-Tardif, a converted defensive lineman, made the Chiefs' 53-man roster as a rookie but didn't play. Dubbed "Canadian Doctor" and "Larry" by his teammates, Duvernay-Tardif became a starter in 2015, playing 13 games before making a career-best 14 starts this year — playing every game he dressed for.

After earning a 2015 wild-card post-season berth with an 11-5 record, the Chiefs finished atop the AFC West at 12-4. That secured Kansas City the second seed in the AFC playoffs and home-field advantage for a divisional-round matchup against the Pittsburgh Steelers on Sunday.

Duvernay-Tardif's transition to the American game wasn't a seamless one. He had to adjust to a new position (guard from tackle) and game (four downs instead of three) while facing bigger, stronger and faster players lining up right across from him instead of a yard off the ball.

"McGill has a great program and I learned a lot there but when I got to the NFL, it was totally different," Duvernay-Tardif said. "With no yard between you and the defensive line ... it changes the way you play a little bit.

"The first couple of weeks at my first training camp, I wasn't even able to see the linebacker blitz because they were that fast. It was really an adjustment but at the same time you're always looking for challenges and coach (Andy) Reid and (offensive line coach Andy Heck) took the time to help me ... I'm very grateful for that."

Duvernay-Tardif hasn't enjoyed the luxury of relaxing after the NFL season as he's spent the last two off-seasons juggling workouts with medical school commitments. While that makes for a very hectic schedule, Duvernay-Tardif remains intent on seeing his academic requirements through.

"I promised myself when I decided to go down this road I'd finish my degree," he said. "We all know careers are so short in the NFL and sport in general and I want to prepare myself for after my (football) career because you don't know how long it's going to last."

THE CANADIAN PRESS

AWARD

Duvernay-Tardif won the J.P. Metras Trophy as the most outstanding lineman while playing for McGill in 2013.

Chiefs right guard Laurent Duvernay-Tardif has spent the last two off-seasons juggling workouts with medical school commitments. SEAN M. HAFFEY/GETTY IMAGES

> **It was really an adjustment but at the same time you're always looking for challenges.**
>
> Laurent Duvernay-Tardif on American football

IN BRIEF

Broncos decide not to pass up Joseph again

A runner-up two years ago, Vance Joseph is John Elway's pick this time around.

"It's official. Excited to announce Vance Joseph as head coach of the Denver Broncos!" Elway tweeted early Wednesday afternoon.

Joseph impressed Elway in 2015 when Gary Kubiak got the job. Kubiak, 55, stepped down last week over health concerns.

THE ASSOCIATED PRESS

Southampton takes first leg over Liverpool in semis

Liverpool endured more cup frustration when Southampton won the first leg of their League Cup semifinal 1-0 on Wednesday.

Nathan Redmond capitalized on a mistake by Ragnar Klavan to score the only goal in the 20th minute and Southampton could rue not building a stronger lead to take to Anfield in two weeks' time.

THE ASSOCIATED PRESS

Manchester City faces anti-doping violation

The English Football Association has charged Manchester City with breaching anti-doping rules.

The FA says Pep Guardiola's team failed to ensure that information about players' whereabouts was accurate. City has been given until Jan. 19 to respond to the charge.

THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Succulent Chicken Paillard

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

It's freezing outside but you can still bring brightness to the table with this juicy chicken dinner.

Ready in 20 minutes
Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 4 boneless, skinless chicken breasts
- kosher salt
- pepper
- 1/2 cup diced red onion
- about 12 cherry tomatoes, halved
- 1/2 cup diced cucumber
- 1/4 cup chopped fresh basil, plus more for garnish
- 1 1/2 tbsp lemon juice
- 1/2 tsp salt
- 3 large, ripe avocadoes, diced
- 2 tsps olive oil

Directions

1. Place chicken between two pieces of plastic wrap or inside a plastic bag; pound to 1/4-inch thick using a mallet or rolling pin. Season with salt and pepper.

2. In large bowl, toss onion, tomatoes, cucumber, basil, lemon juice and salt. Gently mix in avocado.

3. Lightly oil grill grate or grill pan with oil-soaked towel. Grill chicken, turning once, until cooked through and grill marks appear, about 2 minutes per side. Transfer to a clean platter. (Or you can cook your chicken in a large cast iron skillet over medium heat. Warm 1 tsp oil and add two chicken breasts and cook 4 minutes on each side. Repeat with the last two breasts.)

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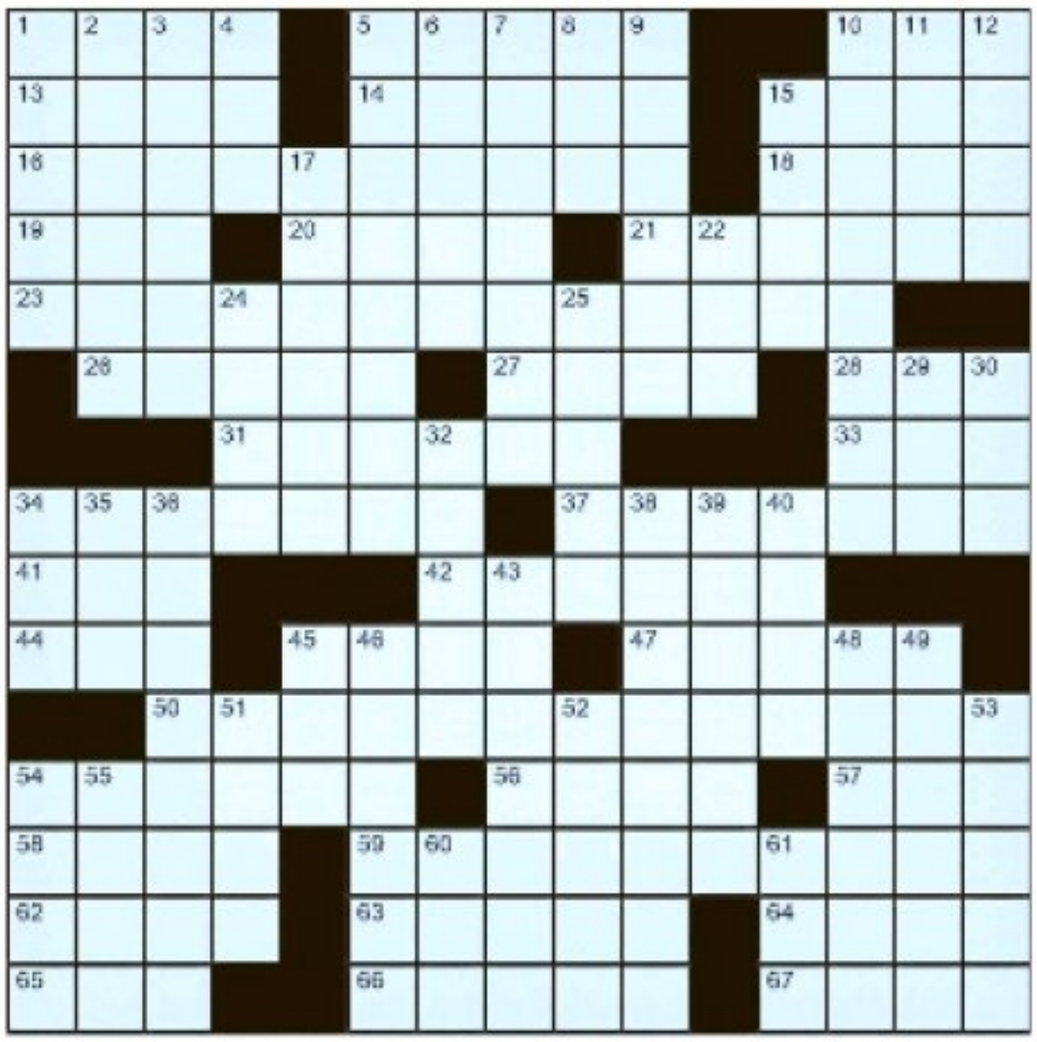
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Post-Winters times [abbr.]
5. Appointed
10. Metric units, e.g.
13. "Able was I __ saw Elba."
14. Ms. Donovan of "Clueless" (1995)
15. Fearsome reptile, commonly
16. One saying "It's now 2pm ...and now it's 3:12pm ...7:23pm now...": 2 wds.
18. American chat host Kelly
19. Apricot-like Japanese fruit
20. Prefix to 'ology' (Study of the eye's iris in alternative medicine)
21. Rinsed, as with a solvent
23. Honour in 1995 for author Carol Shields for The Stone Diaries: 2 wds.
26. Buying-stuff place
27. __ River, of New York City
28. Hosiery glitch
31. Planets
33. 'Advert' suffix
34. Language spoken in Spain
37. Jewelled as Duchess Kate at a formally posh function
41. Princess Eugenie's sis
42. Schedule
44. Shortened sandwich
45. Pinnacle
47. Sub instrument
50. Canadian ballet legend who is an Officer of the Order of Canada: 2 wds.
54. "Makes sense to me now.": 3 wds.
56. Noon: French
57. Court
58. Rapper, Flo __
59. Astronauts' apparel: 2 wds.
62. Mr. Philbin, et al.
63. Printer need
64. Take off
65. Compass pt.
66. Soothsayers
67. Alberta town

DOWN
1. Get tables, chairs, etc. ready at the reception: 2 wds.
2. Canadian telecommunications provider
3. Make more cheese gooey again
4. "Sprechen __ Deutsch?"
5. Pretty close to being freezing: 2 wds.
6. "Kate & __"
7. "__ Pierce" (1945) starring Joan Crawford
8. WNW's opposite
9. Challengers
10. Standards/guidelines
11. Sulk
12. Carangid fish
15. Penelope of pictures
17. Lemon, in Longueuil
22. Sch. course, English __.
24. Cedar Rapids locale
25. Tomato __ (Pantry item)
29. Operate
30. "Waking __ Devine" (1998)
32. Cud-chewing creature
34. Fred __ (Cabaret lyricist)
35. Salt, in Montreal
36. Reality star Audrina
38. Those in the know about unknown information
39. Handsome fellow of ancient Greek mythology
40. Phoned
43. Relevant
45. Wood chopper
46. Treasure boxes
48. Freely/whenever you choose: 2 wds.
49. Entrenched
51. Those, in Spain
52. Kitchen gadget for potatoes despite its name
53. Sniffers
54. Hockey star Bobby's kin
55. Gets the horse going!
60. Edgar Allan's surname
61. Sci-Fi ride

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
A secret love affair might take you over the moon today. Yes, you might be swept away by the romance of it all! Others will be involved in pleasant secrets.

Taurus April 21 - May 21
You feel tenderhearted and supportive toward a friend today. In fact, some of you will feel so cozy with a friend that he or she could become a lover!

Gemini May 22 - June 21
Someone might ask for your creative input on something today. Meanwhile, some of you will strike up a new romance with your boss or someone in a position of authority.

Cancer June 22 - July 23
Because your appreciation of beauty is heightened today, let yourself enjoy beautiful places like parks, art galleries, museums and gorgeous buildings. It will please you.

Leo July 24 - Aug. 23
In discussions about how to divide or share something today, you feel generous toward others. This is good; nevertheless, don't give away the farm.

Virgo Aug. 24 - Sept. 23
Relations with partners and close friends are warm and friendly today. That's because you feel mutually sympathetic and understanding. Gosh.

Libra Sept. 24 - Oct. 23
Someone might ask for your advice at work today. There's no doubt that you will feel sympathetic to co-workers. You also will enjoy a chance to make your workspace look more attractive.

Scorpio Oct. 24 - Nov. 22
This is the kind of day where love at first sight might happen for some of you. You feel starry-eyed, vulnerable and ready for romance.

Sagittarius Nov. 23 - Dec. 21
Family discussions will go well today, because family members are sympathetic to each other. You also will enjoy redecorating or making your home look more beautiful.

Capricorn Dec. 22 - Jan. 20
You feel kindhearted to others today, especially siblings and neighbors. Meanwhile, many of you can make money from your words.

Aquarius Jan. 21 - Feb. 19
If shopping today, you will be tempted to be extravagant because it will be tough to resist elegance and luxury. Oh yes! That's why they call it luxury — and of course, it is irresistible!

Pisces
Feb. 20 - March 20
Today you feel very tuned in to the world, which is why you are sympathetic and open to everyone. You are very aware that kindness is important.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			6		7		5	
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3								9
	8			5			6	
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2		9		1				
	6		2		4			

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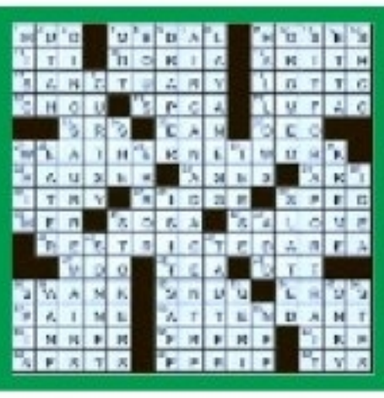

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9	7	6	8	5	4	3	2	1
2	8	5	3	9	1	6	7	4
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6	9	8	5	4	7	1	3	2
3	2	7	1	6	8	4	9	5
8	6	2	4	1	3	9	5	7
5	3	4	7	8	9	2	1	6
7	1	9	6	2	5	8	4	3

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